

Alexandria Titans Youth Football Program

2009 Season

The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL). For more information on FCYFL visit the website at www.fcyfl.org. The FCYFL is a full contact tackle football league. Teams are formed based on ability as well as by the age/weight chart below. Teams are formed in the following divisions: Anklebiter (AB), 75, 85, 95, 110, 125 and 150 pounds. The weights listed on the chart are maximum weights. Players must weigh at least 40 pounds to compete. Players age 7 do not have a maximum weight.

Age>	7	8	9	10	11	12	13	14	15	16
AB	UNL	90	55							
75		95	85	80	75					
85			105	95	90	85				
95				115	105	100	95			
110					130	120	115	110		
125						145	135	130	125	
150							170	160	155	150

Registration forms can be found on our website, neighborhood recreation centers or the Youth Sports Office. Participants from the previous season will receive a registration form via mail to their home address. All City of Alexandria residents ages 7 - 16 are eligible to participate. Participants must be 7 years old by October 1, 2009 and no older than 16 as of October 1, 2009. The registration fee is \$25.00 and payable by check or money order to the City of Alexandria. **Each participant is required to have a current Department of Motor Vehicle Identification Card in order to play in the league and receive equipment.** For more information on how to obtain a D.M.V ID visit their website at www.virginia.dmv.org. Registration period is March 15 - August 1.

Practice will begin Monday, August 10 from 6 - 8 pm at the Braddock Road Field. Practice will be Monday - Friday until Alexandria City Public Schools begin. Once teams are formed and divided the head coach of each team will set the specific days and times for practice.

Preseason Camp will be held August 3 – August 6 from 6 pm to 8 pm at George Washington Middle School. The camp is open to returning and new Alexandria Titans.

Equipment is supplied by the Alexandria Department of Recreation. Each player will receive a helmet, chin strap, shoulder pads, practice pants, game pants, game jersey and mouth piece. Players are required to provide their own cleats, cups and extra mouthpieces. Participants are required to turn the D.M.V. ID into the Youth Sports Office before equipment will be issued. The Youth Sports Office will return the ID when all of the equipment is returned at the end of the season. Equipment will be issued on Saturday, July 25, 2009 from 9:00 am – 1:00 pm for players in the anklebiter and 75 pound weight divisions; Saturday, August 1, 2009 from 9:00 am – 1:00 pm for players in the 85 and 95 pound weight divisions and Saturday, August 8, 2009 from 9:00 am – 1:00 pm for players in the 110, 125 and 150 pound weight divisions. Equipment will be distributed from the Youth Sports Equipment Room located at 1108 Jefferson Street. **A parent/guardian must be present with the player to receive equipment.**

Game Schedules are developed by the FCYFL and will be available a week before the first game. League games will begin the weekend of September 12 - September 14. Each team will play seven regular season games. Home games will be played at George Washington Middle School or Episcopal High School. Away games will be in the Northern Virginia region, the league has member clubs in Arlington, Fairfax, Loudoun and Prince William counties. The majority of the games are played on Saturday, some may be on Sunday and occasionally a weekday game is scheduled.

Official Weigh In is held by the league to insure proper player placement by age and weight. Each player must attend an official weigh in to be eligible to play in the league. The dates for the official weigh in have not been determined as of yet. The Youth Sports Office will provide transportation for the players and coaches to the weigh in. The D.M.V. ID provided to the Youth Sports Office will be used as player identification at the weigh in.

Coaches are volunteers and must complete the volunteer application and background check consent form. All coaches must attend the National Youth Sports Coaches Alliance training and participate in coaches meetings, trainings, and football related clinics. If you are interested in coaching, please contact the Youth Sports Office at 703.838.4345.

Youth Sports Staff Contact Information

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Youth Sports Hotline
703.883.4697

Youth Sports Equipment Room
703.838.4217